



“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Philippians 4:8

I once heard someone say, “**Great power lies in what we choose to think about.**” And to that I say, “Truer words were never spoken.” In fact, I would go as far as to say we are without doubt the product of our choices; the reaction to that which occupies our minds and our reference points; the end result of those things that we carry deep within us; the realities of that which we are unable to let go of and move on from. Which means sometimes, unaware, we choose negative over positive as we live out those mindsets and responses that we carry within us.

I believe the negative over the positive happens because we don’t think. It’s that simple. Given a conscious choice, everyone I know would opt for a happy life. But when we don’t actively choose the thoughts and experiences that create a happy life, the opposite is often our lot. Our lifestyle ends up reflecting the very things we hate. Think about it. When we are negative or critical, we have said yes to unhappiness. When we refuse to forgive someone who hurt us, we have said yes to lugging a heavy burden into our future. Every time we are legalistic in our theology, we forfeit grace. And when we are always rigid, we miss out on playfulness. We may not even be aware that we have said yes to these negative ways. But like it or not, our behavior mirrors our unconscious choices.

But I share all of this knowing that God, without doubt, has given us the power to change. He’s given us the will to choose. The late Eudora Welty once said, “**All serious daring starts from within.**” And it is within us that this power is located. The ability to aim higher and to stand stronger; to laugh and smile more often; to trust in our Heavenly Father and all that he bestows.

And so I challenge you this week to be different today from the way you were yesterday. Make up your mind to be the best version of yourself. Others will undoubtedly notice the changes in you and ask how you made them. Then you can tell them, with God’s help, his power, and his grace, it was a choice you couldn’t refuse to make.

Prayer:

**Enable me, Lord, by your Spirit’s revitalizing power within,
to make the changes that produce a positive life.**

**Keep me focused on the possibilities that surround me, your love that uplifts me,
and your grace that continuously renews me.**

Amen